

Executive Board

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President Elect/Past:	Vacant	
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Presidents Letter

Louise Dahlke

Hi Everyone from our Stay at Home - Stay Safe environment, this is certainly not the way we thought we would be spending our late winter – early spring months of 2020 is it! However we all should be thankful that we are still able to communicate by phone, email, internet and regular mail. For reasons we can **all** understand we have decided to **cancel** the Spring Banquet and the **June special session** on Leaf Casting. We will have to see what the summer months bring, however at this time I **have not heard** of any cancellations for County Fair; I will keep you updated. If anyone is planning to attend the State WAHCE Conference in September, as of this time it will be held in Hudson, WI as planned. I for one, am looking forward to seeing all of my BCHCE Friends soon. As you all know our friend and very active member for more than 50 years Pat Ross passed away in March, some members have asked me where to send cards; I have checked with her daughter Karen and have permission to include her name and address in this newsletter: Karen Durfey, 595 Rosemary Dr., Pulaski, WI. 54162. I hope we will be able to plant our Arbor Day tree during the summer, thank you Shirley Nooyen for helping with that.

Prayers for all of you and your families. Stay Safe, we will get through this unsettling time if we are patient and follow rules.
Louise

CALENDAR OF EVENTS

May 2020

June 2020

July 2020

Sun	Mo	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/ 31	25	26	27	28	29	30

Sun	Mo	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sun	Mo	Tue	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May 10
Mother's Day
Enjoy this precious day

May 13
Canceled—BCHCE Spring Banquet

May 25
Memorial Day Observed
Extension Brown County office will be closed

June TBA
Canceled—Leaf Casting

Remember to send in the following forms:

- ♦ **HCE Impact**—Send to Louise Dahlke, by June 5th
- ♦ **HCE Healthy Lifestyle**—Send to Louise Dahlke, by June 1st

July 3
Independence Day Observed
Extension Brown County office will be closed

July 30 & 31
Removed - - UWGB-Grandparents Day

Brown County STEM Innovation Center

The Brown County STEM Innovation Center is in a continued lock down which began March 17th, 2020 due to the Corona-virus (COVID-19). The STEM Innovation Center is closed until further notice.

Have a Happy Mother's Day! - May 10th

Cultural Arts

Joyce Grulke - Cultural/Textile



Did you know?

There are 19 categories in the 2020 WAHCE Cultural & Textile Arts Show. Did you know...you could be selected to receive a Gold Medallion for the best in your category? What is your talent? Encourage your club members and yourself to participate this year. Brown County can enter a total of 12 projects plus 1 entry in the Bonus category. The Bonus category this year is decorating a pair of glasses. Follow the guidelines on the entry form. If you are planning to enter a project or 2 or 3, please give me, Joyce, a phone call 920.863.6603 to make arrangements; projects will be accepted until Friday, June 5th. Hopefully they will be displayed at the BCHCE Banquet as a date becomes available and then taken to the State Convention in September. Have fun!

Keep art in your



"Stay Home"

How have you occupied your days in the "Stay Home" coronavirus pandemic? Have you created spectacular art, take photos, walked/exercise/chair yoga, helped out within the community, a neighbor, friend, family, baked up a storm, make greeting cards or found new avenues of technology? If you'd like to share a photo and/or short written piece on how you've kept busy with your time and have it printed in the June/July newsletter send to Extension Brown County (see newsletter header) or email: joan.laehn@browncountywi.gov. Please give insight how you as HCE members or clubs found new or revisited old ways to occupy your time.

Canceled—BCHCE Spring Banquet



Due to the Coronavirus (COVID-19) the Brown County Association for Home and Community Education Banquet will not be held.

Canceled—Leaf Casting

Due to the Coronavirus (COVID-19) the leaf casting session will not be held that was set in June.

Impact of HCE

Member Contribution Report

HCE Members, including officers at all levels: Please use the Member Contribution Report table to keep track of your HCE contributions to your community. Just record your hours at HCE events, fundraising for HCE, community outreach/volunteering, and the value of donations to HCE each month of the year, June 2019 through May 2020. Then total each month and the entire year within the four categories.

Please send the completed form to, Louise Dahlke by **Friday, June 5th**. She will add up the total hours and dollars for the year and submit it for the entire County.



Citizenship Shirley Nooyen

Postponed - Tree Planting



Planting a maple tree for Arbor Day at Martin School in Green Bay has been postponed until further notice.

Corona Virus

The corona virus is not a living organism but a protein molecule it is not killed by decays on its own. The virus is fragile and the only thing that protects it is a thin layer of fat that is why any soap or detergent cuts the fat. Alcohol or any mixture with alcohol over 65% dissolves any fat. One part bleach and 5 parts water directly dissolves protein and breaks down from the inside.

It takes fabric 3 hours, copper & wood 4 hours, cardboard 24 hours, metal 42 hours plastic 72 hours to dissolve.

Corona virus needs moisture to stay alive therefore a dehumidifier will degrade it faster, as UV light breaks down the virus problem. Vinegar does not break down the protective layer of fat.

Gargle with Listerine that has 65 % alcohol.

When bringing groceries into the house always use detergent or bleach.

Hope all of you are following all the precautions to stay healthy by washing your hands frequently by foaming for 20 seconds and drying hands and between your fingers so the virus can't hide there.

Wash your hands before and after touching food, doorknobs, switches, remote control, phones, including cell phones, watches, computers, desks, TV, tables, etc, or anything you touch.

Staying 10 feet away from people when talking, or walking and visiting others. When people come to your door visit by talking through windows and glass doors.

Take advantage of staying home and catch up on yard work, and house projects you wanted to do for quite some time. Lessening to music is always good for relieving stress. Above all, just don't let this terrible virus get you down, stay healthy.

Be creative especially with your children and grandchildren. Tell them about the games and crafts you played as a child, and how you learned to dance, if possible teach them how to dance and play those games.

If we all follow the guidelines, we will get through this terrible virus. When this is over, we will appreciate many of the things we were unable to do during this virus.

Face Masks - Sewers Needed

Face masks are in demand these days, if you are interested in sewing face masks for those battling Coronavirus-19 on the frontlines or give a monetary donation, please contact Louise Dahlke.

The Wisconsin Face Mask Warriors of Zone 4 (<https://www.facebook.com/groups/WisconsinFaceMaskWarriors/>) have donated over 65,000 face masks in the past 25 days. Incredible!





Citizenship Shirley Nooyen

The following is from Irene Ken physician, whose daughter is an Asst. Prof in infectious diseases at Johns Hopkins University, quite informative.

* The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code. (mutation) and convert them into aggressor and multiplier cells.

* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam).

By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

* HEAT melts fat; this is why it is so good to use water above 77 degrees Fahrenheit for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.

* NO BACTERICIDE OR ANTIBIOTIC SERVES. The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only
-between 3 hours (fabric and porous),
-4 hours (copper and wood)
-24 hours (cardboard),
- 42 hours (metal) and
-72 hours (plastic).

But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars.

They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.

* The virus CANNOT go through healthy skin.
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* Vinegar is NOT useful because it does not break down the protective layer of fat.

* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.

* LISTERINE IF IT SERVES! It is 65% alcohol.

* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.

* You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

* You have to Moisturize dry hands from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.

* Also keep your NAILS SHORT so that the virus does not hide there.

-JOHNS HOPKINS HOSPITAL
Pat Wayman

International Shirley Nooyen



Travel? Please Stay Home in these uncertain times of the Coronavirus; abide by the Wisconsin's governor's order, until further notice.
Keep informed.



De Pere Ridge Center Report Center Advisor: Marge Hutjens



Country Critters— Our February meeting was held at Village Grill along with our husbands & friends for a wonderful fun time. Make difference items are still collected as needed. Our March & April meetings have been cancelled.

Ledgeviewers— We welcome a new member Sandri Aerts to our organization. Salad Supper & Spring Banquet were discussed. Programs "Enhance your Brain Health" will be March 10 at the STEM Center.

Mod Moms— Greeting cards were made for Unity Hospice. A discussion about another service project was brought up. Salad Supper & Spring Banquet duties was discussed.

As you all know all of the April gatherings have been cancelled. Our Spring Banquet has been postponed. We are all trying to stay safe and healthy. Let's throw our homemaker ability into action by sewing masks, phone someone who lives alone, send cards to someone who needs mail to brighten their day, and above all Be KIND. Have faith—not doubt.

HCE Healthy Lifestyle

Please remember to fill out the HCE healthy Lifestyle forms and send out to Louise Dahlke by **June 1st**.



International Shirley Nooyen

Our Texas Family Vacation

Springfield, Missouri -

We did a drive through caverns in a jeep & wagon. The caverns are 4 miles long. The stalagmites & stalactites were rather white & very impressive.

Drove to Oklahoma City, Oklahoma -

On the northern corner, you ride on a portion of Route 66, a street of Native American heritage with traditional singing, dancing, drumming & the tales of many ancestors driven west. There are multitudes of natural rivers & over 200 lakes. Oolozah, Oklahoma is the birthplace of Will Rogers & in 1897, the first commercial oil well drilled was in Bartlesville, also the place of where Wiley Post did the first successful solo flight around the world.

Then we drove to Oklahoma City to tour the Alfred P. Murrah Federal Building that was bombed on April 1995 at 9:03 am at 620 Harvey Ave. An ex-army soldier & security guard Timothy McVeigh parked a rented truck in front of the federal building in downtown Oklahoma City inside the truck was a powerful bomb made by McVeigh. McVeigh got out of the rented truck, locked the truck & headed for a getaway car then ignited a timed fuse, then another at 9:02. The bomb employed damaging 1/3 of the building into rubble plus damaging & destroyed more than 300 nearby buildings, with the loss of 168 souls including 19 children plus hundreds injured. McVeigh was arrested within 90 minutes because of no car license plates & having weapons & evidence from his clothing revealed traces of chemicals used in the explosion.

The FBI discover McVeigh's friend Terry Nichols helped build the bomb & Michael Fortier was aware of the plot. Across the bombed federal building are bronze chairs with stone & glass with each adult killed in the bombing & across the street is a large statue of Jesus holding his hands over his eyes in sorrow, surrounded by memorials for the 19 children killed.



There are rangers on site from 9-5 from Monday through Saturday & noon to 6 pm on Sunday. Outdoors is free & the rangers are very helpful explaining about the incidence. For a small fee inside the remaining building in the lower level is a museum; it is closed Easter, Thanksgiving & Christmas Eve & Christmas Day.

A very somber & sad place to visit.
Phone (888)542-4673.

Waco, Texas

We then drove to Waco & enjoyed lunch at Magnolia Cafe. No, we did not see Joanne & Chip Gaines (HGTV, Fixer Upper), but was enjoyable having lunch & just seeing their very neatly decorated cafe.

Fort Worth, Texas

Fort Worth began in 1849 as a military post to protect a few struggling ranchers from Native American attacks. Throughout downtown are bronze plaques commemorating significant people & events. The stockyard covers 125 acres of what once was the largest
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livestock market center in the southwest. Since 1896, Fort Worth has an annual livestock show & rodeo at 11:30 & 4 pm except for Easter, Thanksgiving & Christmas. There is a cattle drive demonstration as wranglers on horseback guide the Fort Worth herd down E. Exchange Ave. (a site to see).

In Fort Worth, we also visited the U.S. Treasury Department at 9000 Blue Mound Rd. Tours are available from Tuesday to Fridays from 8:30 - 5:30 with the last tour starting at 4:30 they are closed Mondays, weekends, federal holidays & the week before Christmas & New Year's Day. This tour is free & reservations are not required. We enjoyed the very informative tour & especially to see the process of billions of dollars being printed. The method has not changed since the mid 1800's.

In mid-March, June and late July the bureau of engraving & printing host its annual employee craftsmanship demonstrations. These special events features hands on activities for the entire family.

The Alamo

The Alamo was built as a catholic Spanish mission by Padre Olivarrez's about 1718 & was originally called San Antonio de Valero (named for the surrounding cottonwood trees) & later the Alamo. It is in the center of San Antonio.

A wonderful part of history to visit. Tours are free daily. Phone number (210)225-1391 extension 4005.

This is the most visited battlefield in Texas; about 200 men were killed including Davey Crockett, William Baird Travis & James Bowie. Because the Alamo was uncompleted with no roof, the three men were placed in a small casket in the San Fernando Cathedral near the Alamo.

The Texans used the mission as a fort in the winter of 1835 -1836. Because of dissatisfaction with the Mexican government, Texans decided to separate & in March 1836 Antonio Lopez de Santa Anna (the Mexican general) approached San Antonio's Alamo by surprised with an army of approximately 5000 soldiers against 175 Texan's men, which included heroes James Bowie, Davey Crockett, & William B. Travis. It ignited the battle for Texas independence & influenced the American history. The battle went on until the Mexicans could no longer return fire because of low ammo the Texan's used muskets as clubs & fought until the war was over.

April 21 Houston's army captured Santa Anna & forced him to sign a treaty granting Texas its independence. There are many bullet holes in the stone walls & in the tree of 1912.

Across the street, we visited the wax museum, & Ripley's Believe It or Not, then we walked along the river walk where there are many colorful craft shops. We ate at a wonderful seafood restaurant. In the late afternoon, we took the boat ride along the river walk, which was very informative.

One day we drove to the safari wildlife. That was fun to see so many herds of exotic animals come to the car & eat right out of our hands.

This was a very nice family trip which included an important history event not only for us but most important for our 11 year old grandson. The only sad part was hearing about the worldwide corona virus. When we returned home, we stayed in quarantine for 14 days because president trump asked all Americans to stay home to battle the corona virus. Hope we never encounter such a virus again; this was & is too scary.

Submitted by Shirley Nooyen